

Food Assistance

Houston Food Bank

Location: 535 Portwall St, Houston, TX 77029 and 146 Knobcrest Dr., Houston, TX 77060

Availability: Monday – Friday, 7:00am – 9:00pm, Saturday 7:00am – 4:00pm, and Sunday 9:00am – 12:00pm

Helpline: (832) 369-9390

Website: <https://www.houstonfoodbank.org/find-help/>

Find a Food Pantry Tool: <https://www.houstonfoodbank.org/find-help/agency-locator/>

Service(s) Provided: Food Pantry, Community Resource Center, SNAP Benefit Assistance, Disaster Relief Resource

Service Area: Greater Houston Area

Double up Houston Snap Incentive

Location: 2752 Buffalo Speedway, Houston, TX 77027

Availability: Saturdays, 8:00 AM -12:00 PM

Helpline: 713-880-5540

Website: <https://www.urbanharvest.org/farmers-market/snap/>

Services Provided: Mobile Farmer's Market, when you use your Lone Star Card at a participating market, you will receive a \$1 for \$1 match (up to \$40 per day) to purchase additional fruits and vegetables. Spend \$1 SNAP/EBT, get \$1 of fresh produce for free.

Service Area: Greater Houston Area

Braes Interfaith Ministries

Location: 4300 West Bellfort Ave Building 3, Houston, TX 77035

Availability: Monday, Wednesday, and Friday, 10:00 AM – 2:00 PM (Please arrive by 1:30 PM)

Helpline: (713) 723-2671

Website: www.braesinterfaithministries.org

Service(s) Provided: Food Pantry, Clothing (Resale Shop Zip Code Restricted to 77025, 77035, 77045, 77051, 77053, 77054, 77071, 77085)

Christian Community Service Center

Location: 3434 Branard St, Houston, TX 77027



Community Resource List

Availability: Monday – Friday, 10:00 AM – 2:00 PM Saturday, 9:00 AM – 12:00 PM
(Saturdays are for food pantries only)

Helpline: (713) 871-9741 (Call to schedule appointment for Financial Assistance)

Website: www.ccschouston.org

Service(s) Provided: Food Pantry, Rental Assistance, Utilities, Limited Medical
(Emergency Vision & Dental, Prescriptions)

Service Area:

77002,77003,77004,77005,77006,77007,77010,77011,77012,77019,77020,
77021,77023,77025,77026,77027,77028,77030,77031,77036,77046,77056,77057,7707
2,77074,77081,77096, 77098, 77401

Epiphany Community Health Outreach Services

Location: 9600 S Gessner Rd, Building E, Houston, TX 77071

Availability: Food Pantry from (7AM to 9 AM) Mon-Thurs 8AM - 2PM, Friday 8AM-12
PM

Helpline: (713) 270-0369

Website: http://echos-houston.org/client-services/financial_assistance/

Service(s) Provided: Application Assistance, Financial Assistance (Rent & Utilities zip
restricted), Food Pantry, Healthcare Mobile Clinics, Health Care Screening

Service Area: 77031,77035,77036,77071,77072,77074,77081,77096,77099

Kingwood United Methodist Church – Society of St. Stephen

Location: 2307 Crystal Springs Drive, Kingwood, TX 77339

Availability: Monday, Wednesdays, Fridays 9AM-11:30 AM

Helpline: (281) 358-7722

Website: <https://kingwoodumc.org/missions/>

Service(s) Provided: Food Pantry, clothing, and limited financial assistance with
utilities and prescriptions.

Service Area: 77327, 77336, 77339, 77345, 77346, 77357, 77365, 77372

L.I.F.E. Houston

Location: 2002 S. Wayside Dr, Houston TX 77023

Availability: Monday – Friday, 9:30 AM – 3:30 PM. Phone Appointments Only, No Face
to Face Various Pick up locations

Helpline: (713) 528-6044, 713-428-2065 for formula appointments

Website: <https://www.lifehouston.org/>

Service(s) Provided: Emergency formula for babies between 0-12 months



Community Resource List

Service Area: No Zip Code Restrictions. Pick up locations 77090, 77074, 77007, 77023, 77503

Mission Bells

Location: 15325 Bellaire Blvd, Houston, TX 77083

Availability: Tuesday and Saturday, 9:00 AM – 11:00 AM

Helpline: (281) 850-0213

Website: www.missionbells.org

Service(s) Provided: Food Pantry

Service Area: Greater Houston Area

St. Mary Magdalene Social Services

Location: 527 S Houston Ave, Humble, TX 77338

Availability: Mondays, Wednesdays, Fridays 9:30 AM to 12:30 PM

Helpline: (281) 540-1907

Website: <https://st-mm.com/social-ministry>

Service(s) Provided: Food Pantry, Eviction & Utility Pledge assistance for zip codes (77044, 77338, 77346, 77347, and 77396)

Service Area: Greater Houston Area

St. Pius V Catholic Church

Location: 824 Main St, Pasadena, TX 77506

Availability: Every Thursday 8am until supplies run out

Helpline: (713) 473-9484

Website: www.stpiusvchurch.com

Service(s) Provided: Food Pantry (Drive -Thru only)

Service Area: Greater Houston Area

Wesley Community Center

Location: 1235 Lorraine St, Houston, TX 77009

Availability: Wednesday and Friday, 9:00 AM – 12:00 PM

Helpline: (713) 223-8131

Website: <https://wesleyhousehouston.org/>

Service(s) Provided: Food Pantry (Drive Thru), Financial Assistance (Rent and Utility)

Service Area: Greater Houston Area

Southeast Area Ministries

Location: 2102 Houston Blvd, South Houston, TX 77587

Availability: Call Monday - Thursday for appointment to pick up food. No walk-ins

Helpline: (713) 944-0093

Website: <https://southeastareaministries.com/houston-assistance-ministries/>

Services Provided: Food Pantry, limited financial assistance (rent & utilities, household, hygiene, and infant care), clothing and household assistance, and community referral.

Service Area: 77017, 77034, 77061, 77075, 77087, 77089, 77587, 77598

Food Assistance

Harris County Social Services

Location: 9418 Jensen Drive, Houston, TX 77093

Availability: Monday - Friday, 8:00 AM – 5:00 PM

Helpline: (713) 696-7900 or (832) 927-4955 for help finding housing

Website: <https://csd.harriscountytexas.gov/Pages/default.aspx> or

<https://housingandcommunityresources.net/> (rental assistance)

Service(s) Provided: Financial Assistance (Rent and Utilities- Gas, Water, Electric)

Service Area: Greater Houston Area

Interfaith Caring Ministries

Location: 151 Park Avenue, League City, TX 77573

Availability: Food Pantry: Monday – Thursday, 8:30 AM – 4:30 PM.

Client Services Hours

Mon-Thurs: 8:30 am – 4:30 pm

Fri: 8:30 am – 1:00 pm Call to schedule an appointment

Resale Shop Hours

Mon-Fri: 10:00 am – 6:00 pm, Sat: 10:00 am – 5:00 pm

Helpline: (281) 332-3881

Website: <http://icmtx.org/programs/emergency-rent-and-utility-assistance/>

Service(s) Provided: Financial Assistance (Rent and Utility), Food Pantry

Requirements for Financial Assistance

Service Area: Must reside in Clear Creek or Friendswood ISD area

Katy Christian Ministries

Location: 5506 First Street, Katy, TX 77493

Availability: Monday – Thursday, 9:00 AM -12:00 PM & 1:00 PM – 5:00 PM. Call for an appointment, applications are done over the phone

Helpline: (281) 391-9623

Website: <https://ktcm.org/>

Service(s) Provided: Financial Assistance, Social Services, Counseling, Food Pantry, Crisis center

Service Area: Must reside in the Katy ISD area

Northwest Assistance Ministries

Location: 15555 Kuykendahl Rd, Houston TX 77090

Availability: Food Assistance - Monday – Thursday, 8:00 AM – 5:00 PM and Friday, 8:00 AM – 4:00 PM

Financial Assistance - Mon-Fri 8:00 AM – 2:00 PM – online application only (no walk ins)

Helpline: (281) 885-4555 or Crisis Hotline: 281-885-4673 - 24/7

Website: <https://www.namonline.org/>

Service(s) Provided: Counseling (Adults), Financial (Rent, Mortgage, Utilities) and Food for victims of Domestic violence

Service Area: 77014, 77032, 77038, 77050, 77060, 77064, 77066, 77067, 77068, 77069, 77070, 77073, 77086, 77090, 77373, 77379, 77388, and 77389

Mental Health Services

Counseling Support

Availability: 24/7

Helpline: (713) 970-7000

Website: <https://www.theharriscenter.org/>

Service(S) Provided: Mental Health Counseling

Service Area: Harris County

National Alliance on Mental Illness (NAMI)

Availability: Monday – Friday, 10:00 AM – 6:00 PM

Helpline: 1-800-950-6264 or text “TX” to 741741 (Crisis Line, available 24/7)

Website: <https://nami.org/Home>



Community Resource List

Service(s) Provided: Mental Health Services

Service Area: Nationwide

Mental Health Crisis Clinics

Location: 18838 S Memorial Dr, Suite 106, Humble, TX 77338, 4850 W. Belfort St, Houston, TX 77035, 10780 Westview Ste C, Houston, TX 77043

Availability: Monday – Friday, 8:00 AM – 4:00 PM. Appointments preferred, walk-ins welcome

Helpline: (713) 338-6422

Website: <http://www.memorialhermann.org/locations/northeast-mental-health-crisis-clinic/>

Service(s) Provided: Mental Health Services. Financial assistance is available for those who do not have insurance

Service Area: Greater Houston Area

Texas Health and Human Services (HHS) COVID Support Line

Availability: 24/7

Helpline: (833) 986-1919

Website: <https://hhs.texas.gov/services/mental-health-substance-use>

Service(s) Provided: Mental Health Services.

Service Area: Texas

The Disaster Distress Helpline

Availability: 24/7

Helpline: 1-800-985-5990 or text "TalkWithUs" to 66746

Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Service(s) Provided: Emotional distress and mental health counseling during or after a natural or man-made disaster

Service Area: Nationwide

The National Suicide Prevention Lifeline

Availability: 24/7

Helpline: 1-800-273-8255

Website: <https://suicidepreventionlifeline.org/>

Service(s) Provided: Mental Health Services. For individuals dealing with suicidal thoughts

Service Area: Nationwide

The Trevor Project

Availability: 24/7

Helpline: 1-866-488-7386 or text "START" to 6786780 (English only at this time)

Website: <https://www.thetrevorproject.org/>

Service(s) Provided: Mental Health Services for LGBTQ youth Ages 13-24+, Suicide and Crisis Intervention

Service Area: Nationwide

Veterans Crisis Line

Availability: 24/7

Helpline: 1-800-273-8255, option 1, or text 838255

Website: <https://www.veteranscrisisline.net/>

Service(s) Provided: Mental Health Services

Service Area: Nationwide

Domestic Violence and Sexual Assault

Houston Area Women's Center

Location: 1010 Waugh Dr, Houston, TX 77019

Availability: 24/7

Helpline: (713) 528-2121 and (713) 528-7273 (Call for assistance, main office is currently closed)

Website: <https://hawc.org/>

Service(s) Provided: Counseling (over the phone), Shelter (women and children only), Limited Legal Services, and Children's Court Services and Housing

Service Area: Greater Houston Area

Family Time Crisis and Counseling Center

Location: 1203 S Houston Ave, Humble, TX 77338

Availability: 24/7

Helpline: (281) 446-2615

Website: <https://familytimeccc.org/>

Service(s) Provided: Counseling, Shelter (Domestic Violence, Human Trafficking and Sexual Assault), Limited Legal Services (Women and children only). Anger Management and Parenting Classes

Service Area: Greater Houston Area and Dayton, Texas

Fort Bend Women's Center

Location: 501 E Highway 90A, Richmond, TX 77406

Availability: 24/7

Helpline: (281) 342-4357

Website: <https://fbwc.org/>

Service(s) Provided: Counseling, Shelter (Women, Men, and Children), Limited Legal Services

Service Area: Greater Houston Area

General Information

FEMA

Availability: 24/7

Disaster Assistance Helpline: 800-621-3362

Website: www.disasterassistance.gov

Service(s) Provided: Assistance can include grants for temporary housing and home repairs, low-cost loans to cover uninsured property losses and other programs to help individuals and business owners recover from the effects of the disaster.

Service Area: Brazoria, Fort Bend, Harris, Montgomery Counties.

Memorial Hermann Nurse Health Line

Availability: 24/7

Helpline: (713) 338-7979 pr (855) 577-7979

Website: <https://memorialhermann.org/giving-back/community-benefit/programs/nurse-health-line>

Service(s) Provided: Experienced nurses available to help answer your questions (no insurance needed). Can also help answer COVID related questions

Service Area: Greater Houston Area

Harris Health "Ask My Nurse"

Availability: 24/7

Helpline: (713) 634-1110

Website: <https://www.harrishealth.org/services-hh/outreach/Pages/ask-a-nurse.aspx>

Service(s) Provided: Experienced nurses available to help answer your questions (no insurance needed)

Service Area: Harris County



Community Resource List

Lone Star Legal

Location: 500 Jefferson St, 17th Fl, Houston, TX 77002

Availability: Monday – Friday, 8:00 AM – 5:00 PM (No walk-ins), over the phone or website assistance only

Helpline: (713) 652-0077 or 1-800-733-8394

Website: <https://www.lonestarlegal.org/>

Service(s) Provided: Legal Help, COVID-19 Evictions, and Other Resources (No criminal cases)

Service Area: Texas

National Council on Aging

Availability: Monday – Friday, 9 AM – 5 PM

Helpline: 1-800-794-6559

Website: www.ncoa.org

Service(s) Provided: Food Assistance, Medication, Utility Assistance, Health Care, Rent/Mortgage Assistance and Housing, Transportation

Service Area: Nationwide

Texas Workforce Commission

Location: Various

Availability: Varies on location

Helpline: 1-800-939-6631

Website: <https://www.twc.texas.gov/news/covid-19-resources-job-seekers>

Service(s) Provided: Unemployment Benefits, Job Matching, Recruiting, and Training

Service Area: Texas

United Way of Greater Houston

Location: 500 Waugh Dr. Houston, TX 77007

Availability: 211 HELPLINE open 24/7, call for updates

Helpline: 2-1-1

Website: <https://www.unitedwayhouston.org/>

Service(s) Provided: Food Assistance, Disaster Preparedness & Recovery, Education, Utility Assistance, Health Care, Rent/Mortgage Assistance and Housing or Shelter

Service Area: Greater Houston Area

Assurance Wireless

Location: Apply Online or via phone

Availability: 24 hrs

Helpline: (888) 321-5880

Website: assurancewireless.com

Services Provided: A federal assistance program to obtain a free phone device and/or cell phone service. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria, certain public assistance programs like Medicaid or Supplemental Nutrition Assistance Program (SNAP) and based on household income. Separate households that live at the same address are eligible, including residents of homeless shelters and nursing homes. Residents with temporary addresses are also eligible.

Service Area: Statewide

Q-Link Wireless

Location: Apply Online or via phone

Availability: 24 hrs

Helpline: (855) 754-6543

Website: <http://qlinkwireless.com/>

Services Provided: A telephone service subsidized by the federal Lifeline Assistance program; a government benefit program supported by the federal Universal Service Fund. Assurance Wireless is a federal Lifeline Assistance program. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria, certain public assistance programs like Medicaid or Supplemental Nutrition Assistance Program (SNAP) and based on household income.

Service Area: Statewide

Legal Assistance

Catholic Charities' St Frances

Location: 5599 San Felipe St, Suite 300, Houston, TX 77092

Availability: Call to schedule appointment

Helpline: (713) 595-4100

Website: <https://catholiccharities.org/supporting-refugees-immigrants/st-frances-cabrini-center-for-immigration-legal-assistance/>

Service(s) Provided: Immigration and refugee services. Requires appointment, Fees will be based on income level



Community Resource List

Service Area: Houston

YMCA International Services

Location: 6671 Southwest Freeway, Suite 250, Houston, TX 77074

Availability: Call to schedule appointment

Helpline: (713) 758-9280

Website: <https://ymcahouston.org/locations/ymca-international-services>

Service(s) Provided: Career advancement, Immigration legal services, refugee services

Service Area: Houston

Houston Volunteer Lawyers

Location: 1111 Bagby Street, FLB300, Houston, TX 77002

Availability: Call to schedule appointment

Helpline: (713) 228-0735

Website: <https://www.makejusticehappen.org/>

Service(s) Provided: Pro Bono legal aid; Family, Housing, Taxes, Legal Guardianship, Veterans, Employment

Service Area: Houston

Central American Resource Center's (CARECEN)

Location: 6006 Bellaire Blvd, Suite 100, Houston, TX 77081

Availability: Call to schedule appointment

Helpline: (713) 665-1284

Website: https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393389-Central_American_Resource_Center_Houston_Office

Service(s) Provided: Immigration services; DACA, Visas, TPS, U Visas. Legal orientation with completing USCIS forms

Service Area: Houston

Refugee Services Of Texas

Location: 8323 Southwest Freeway, Suite 850, Houston, TX 77074

Availability: Call to schedule appointment

Helpline: (713) 644-6224

Website: <https://www.rstx.org/locations/houston.html>

Service(s) Provided: Resettling refugees, serves asylees.

Service Area: Houston